



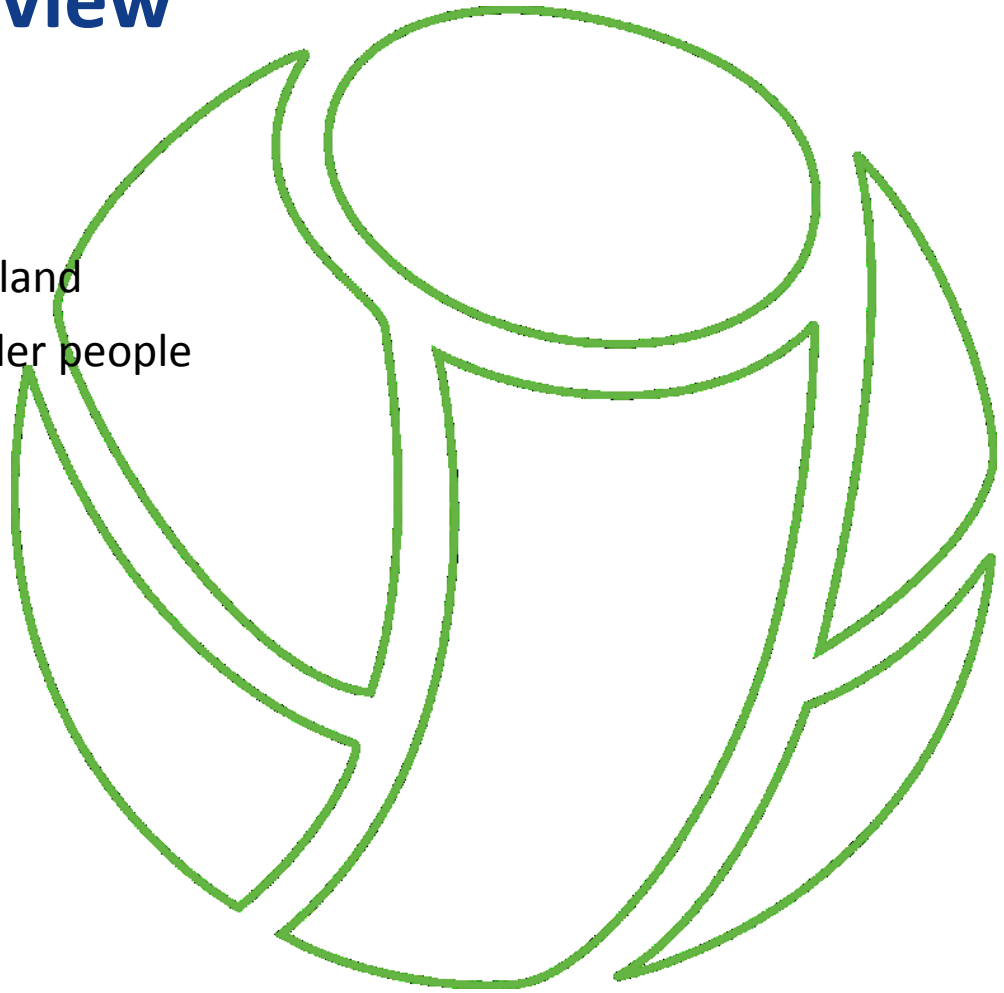
## **interRAI – comprehensive assessment with added value**

NZNO Gerontology Nursing Conference 2018

Michele McCreadie, GM interRAI Services

# Presentation overview

- About interRAI
- How interRAI works in New Zealand
- What interRAI tells us about older people
- How interRAI is being used

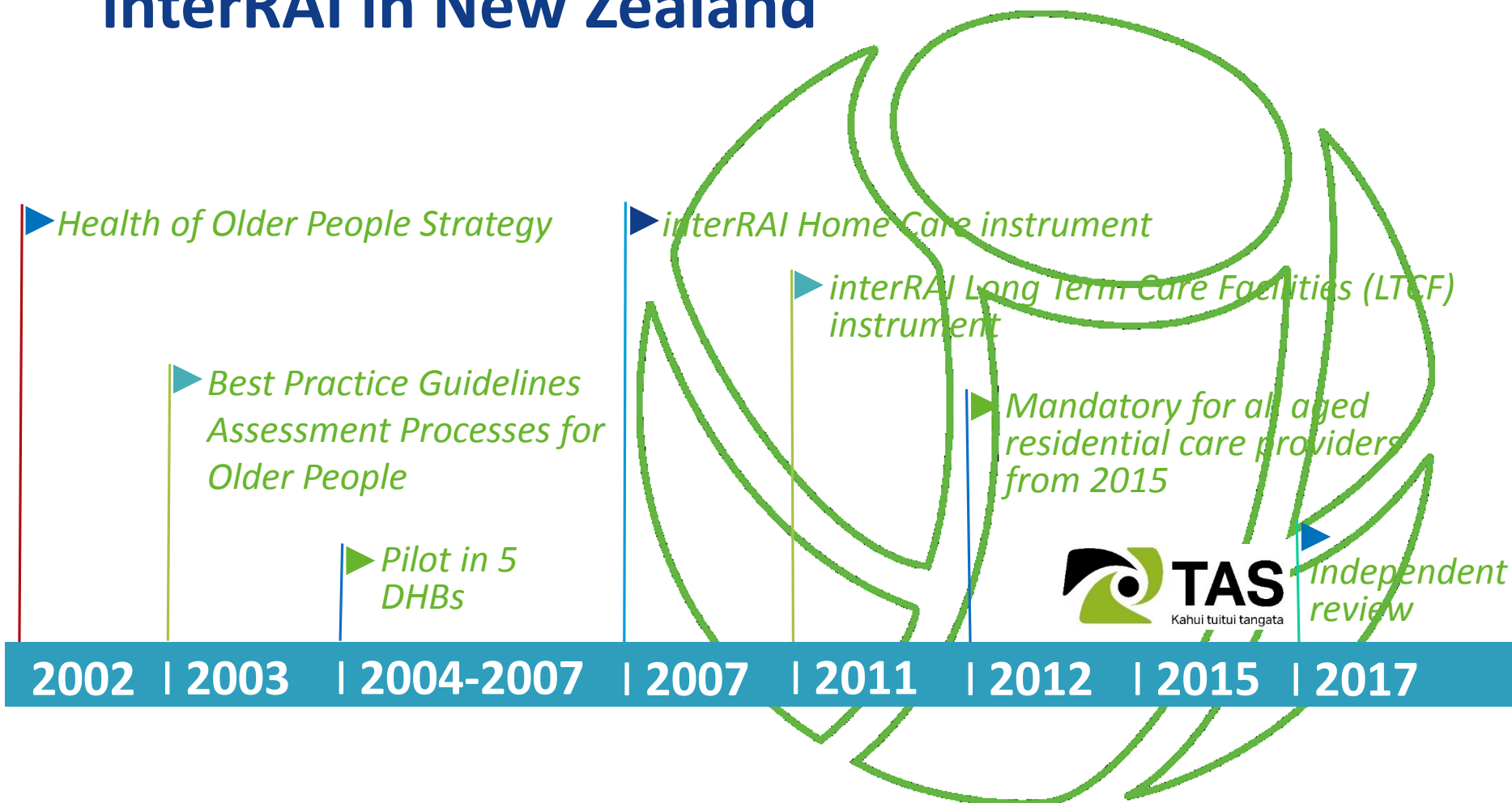


# interRAI international

- international collaborative
- to improve the quality of life of vulnerable persons
- through a seamless comprehensive assessment system

interRAI = **international Resident Assessment Instrument**

# interRAI in New Zealand



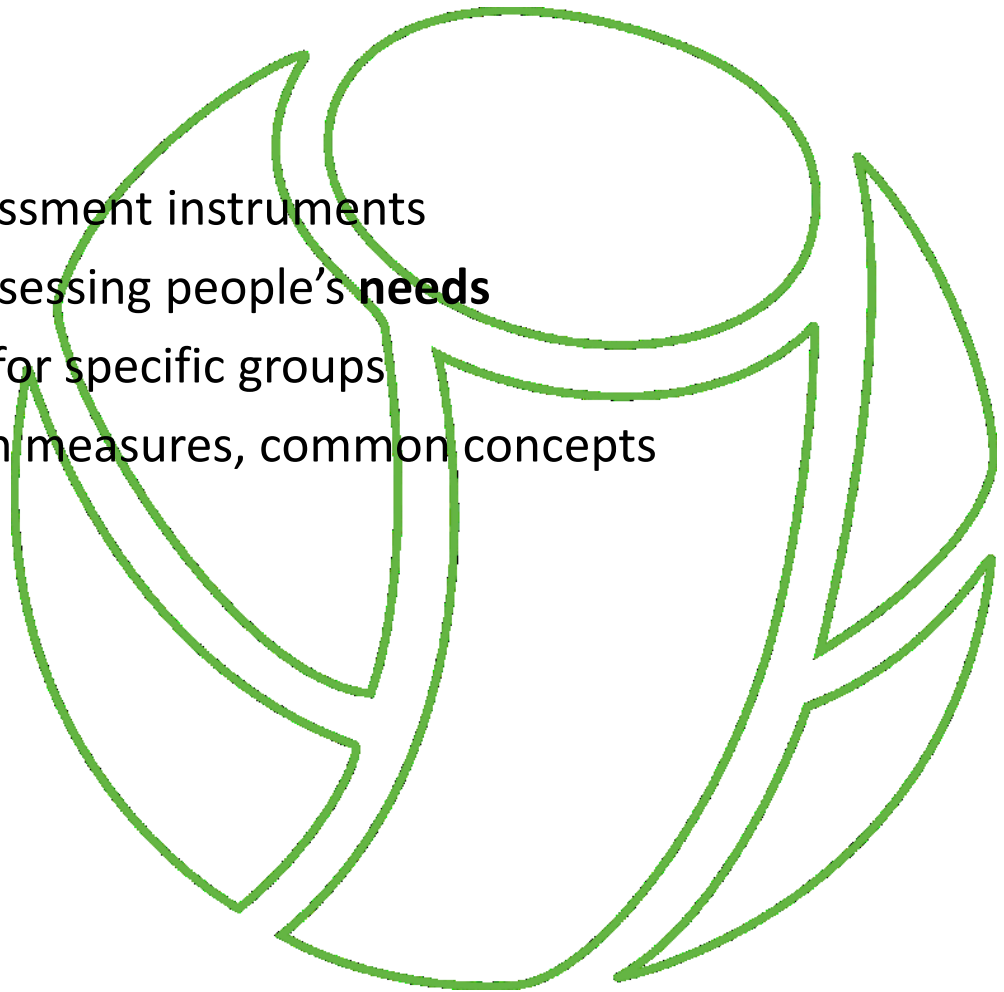
2002 | 2003 | 2004-2007 | 2007 | 2011 | 2012 | 2015 | 2017



This video on Youtube: [youtu.be/t\\_4KzWJaSGs](https://youtu.be/t_4KzWJaSGs)

# What is interRAI?

- **Comprehensive** clinical assessment instruments
- Best practice approach to assessing people's **needs**
- **Standardised** and designed for specific groups
- **Common** language, common measures, common concepts
- [www.interRAI.co.nz](http://www.interRAI.co.nz)



# interRAI assessments in New Zealand

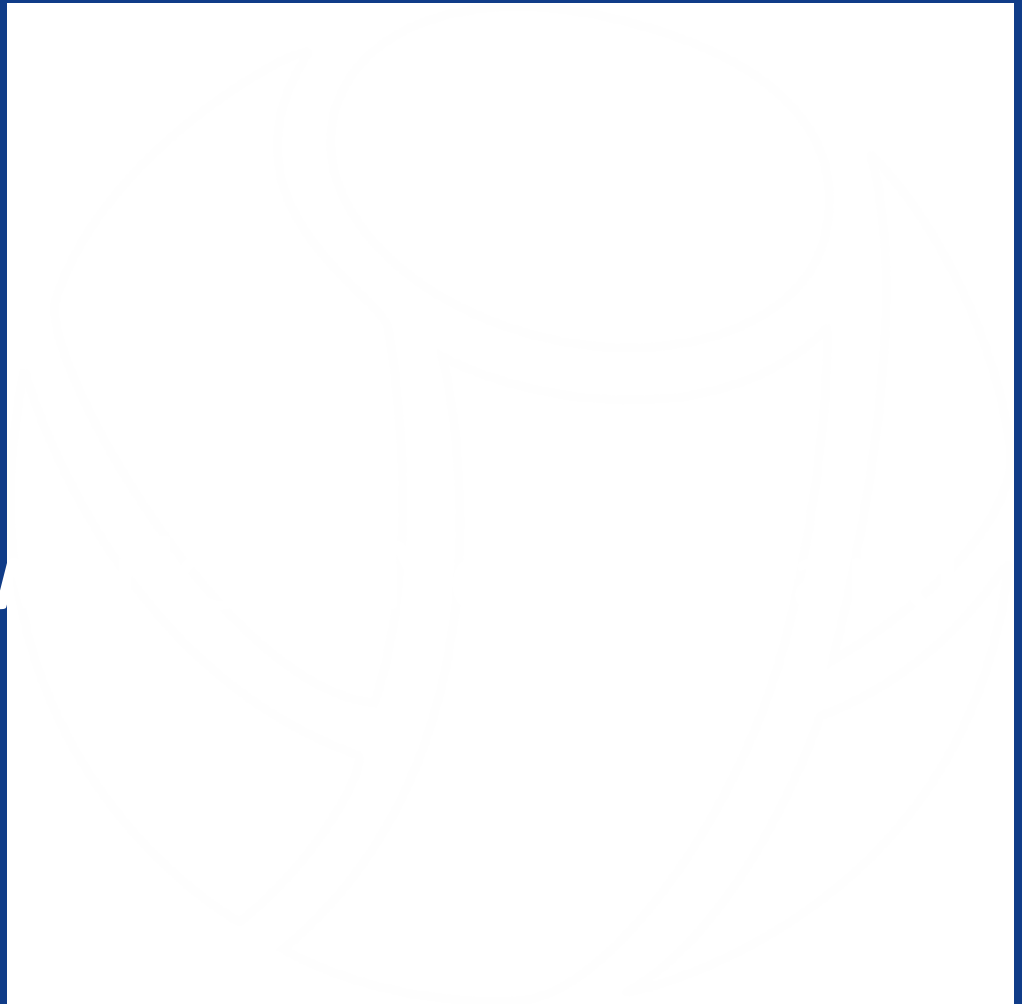
## In aged residential care:

- Long Term Care Facilities Assessment (LTCF) for **evaluating the needs, strengths and preferences** of those in aged residential care.

## In the community:

- Home Care Assessment (HC) for **planning care and services** in community-based settings
- Contact Assessment (CA), a basic **screening** assessment for people living in the community
- Palliative Care Assessment (PC) for community-based older adults where a **palliative** care focus is required.

# How interRAI v



# interRAI Services NZ



# interRAI education and support

- A comprehensive programme of interRAI education and support
- Become competent and remain competent

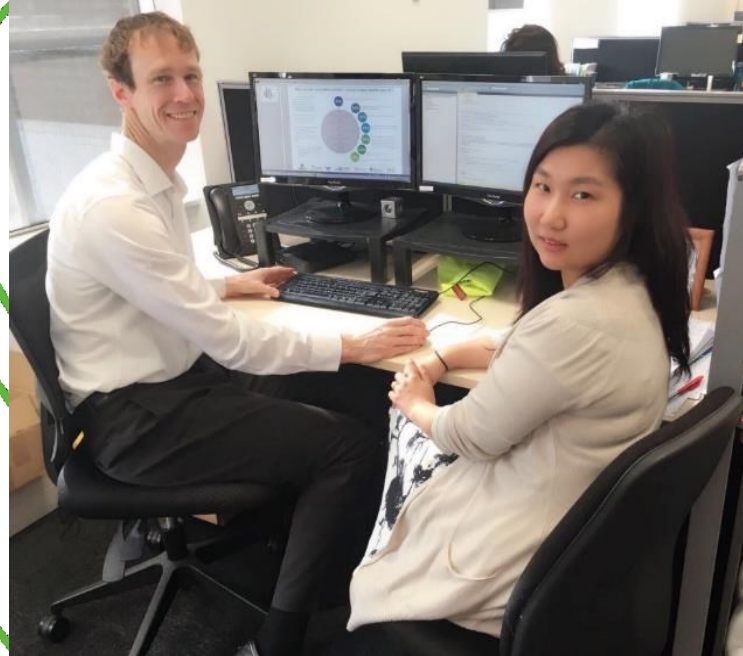
initial training, skills boosters, site visits, Inside interRAI, quality reviews, on-line evaluation support, coding support

- How to use and understand interRAI assessments
- How to use and understand interRAI data
- interRAI analytics support
- 'Integrating interRAI into your facility'
- [www.interRAI.co.nz](http://www.interRAI.co.nz)



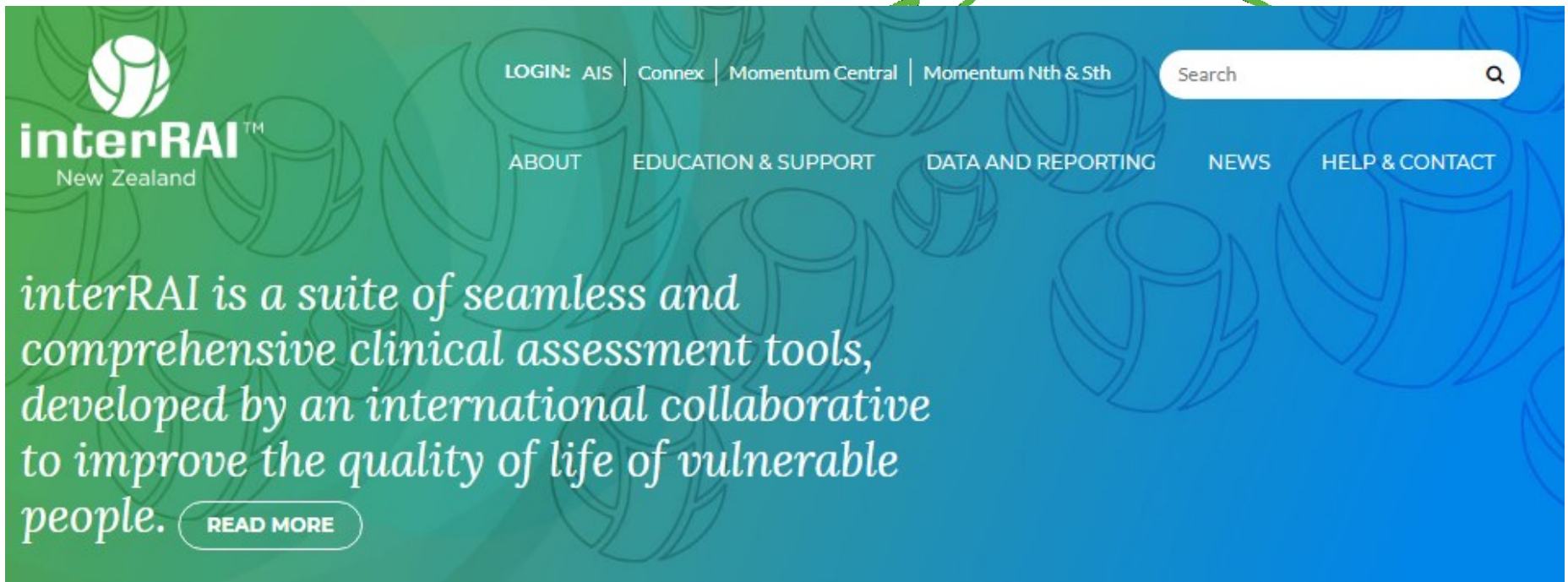
# Data analysis and reporting

- Compliance reports
- Benchmarking
- Infographics
- Annual Report
- Data access requests
- Data quality
- Visualisation



# Reporting

National reports and education materials at  
[www.interrai.co.nz/data-and-reporting/](http://www.interrai.co.nz/data-and-reporting/)



The screenshot shows the top portion of the interRAI New Zealand website. The header features the interRAI logo on the left, a navigation menu with links for LOGIN (AIS, Connex, Momentum Central, Momentum Nth & Sth), ABOUT, EDUCATION & SUPPORT, DATA AND REPORTING, NEWS, and HELP & CONTACT, and a search bar on the right. The hero section has a green and blue background with a pattern of interRAI logos. It contains the text: "interRAI is a suite of seamless and comprehensive clinical assessment tools, developed by an international collaborative to improve the quality of life of vulnerable people." followed by a "READ MORE" button.

**interRAI**  
New Zealand

LOGIN: AIS | Connex | Momentum Central | Momentum Nth & Sth

Search

ABOUT EDUCATION & SUPPORT DATA AND REPORTING NEWS HELP & CONTACT

interRAI is a suite of seamless and comprehensive clinical assessment tools, developed by an international collaborative to improve the quality of life of vulnerable people. [READ MORE](#)



Four service icons are displayed in a row, each with a corresponding label below it. A blue arrow points from the top right towards the 'DATA & REPORTING' icon.

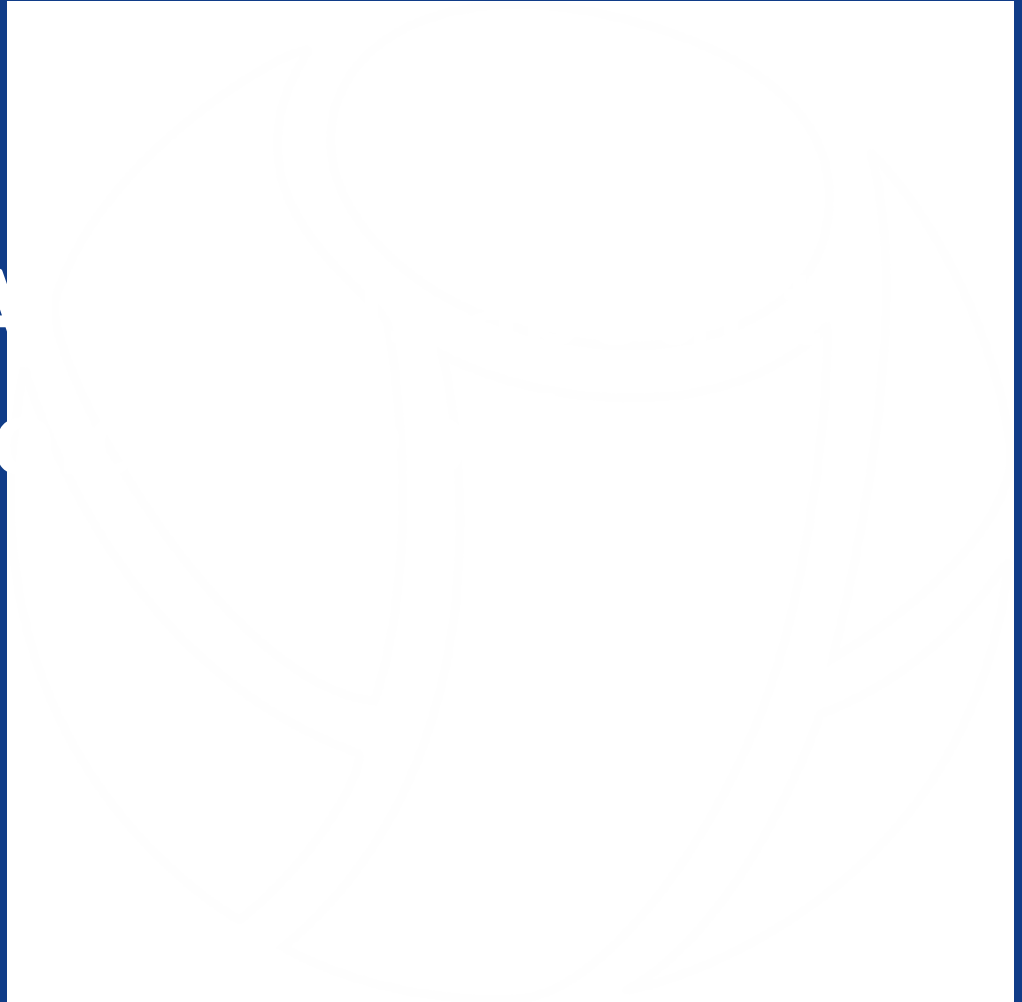
-   
REQUEST TRAINING
-   
HELP & CONTACT
-   
EDUCATION & SUPPORT
-   
DATA & REPORTING

# Software services

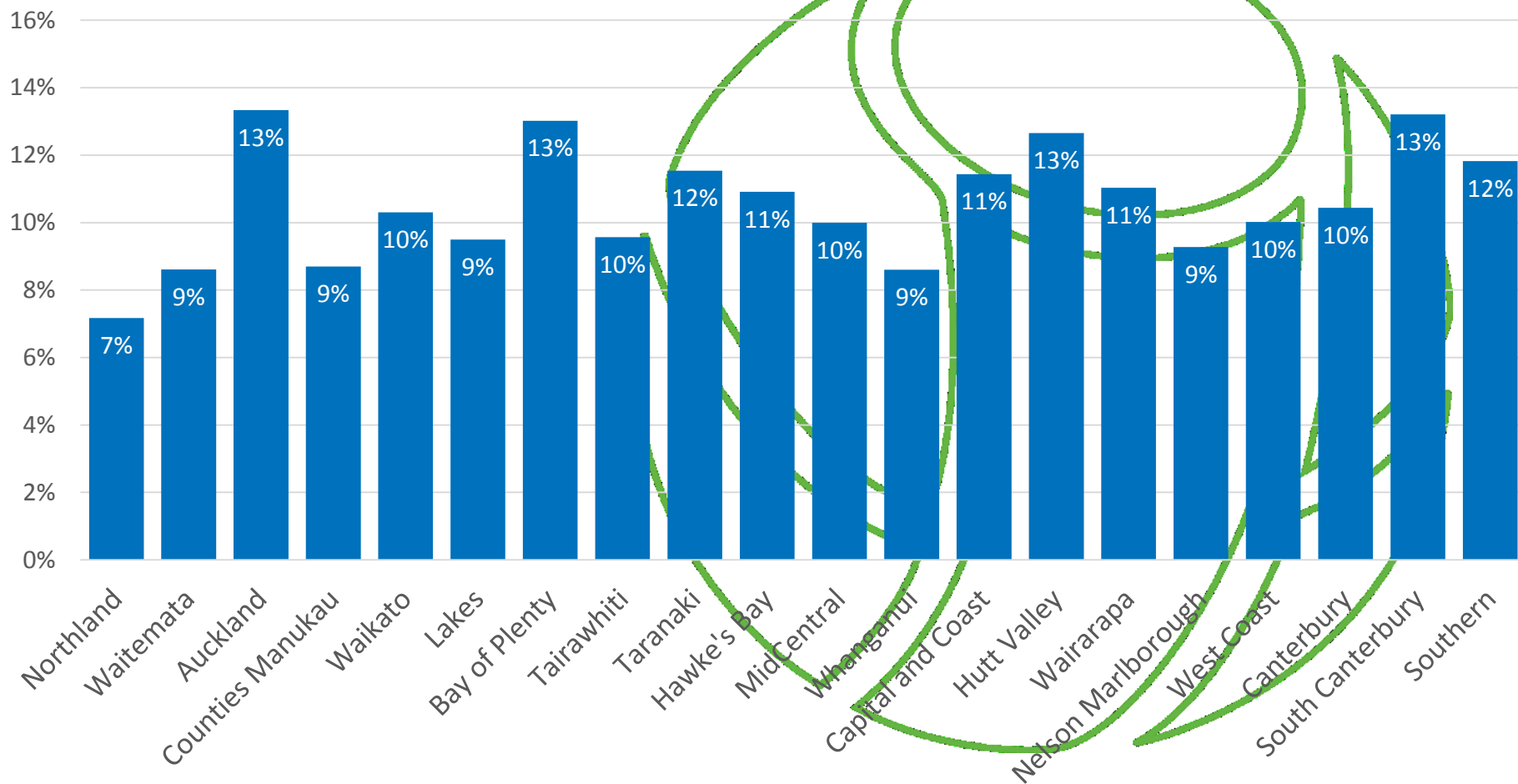
- Single software platform
- Single software provider – Momentum
- Maintenance/upgrades/enhancements
- Support desks
- Interoperability with other systems



**What interRA  
wellbeing of c**



# interRAI assessed population aged 65 and over



A video still showing an older man with a white beard and glasses, wearing a dark sweater, leaning over a desk. He is looking at a laptop screen. A woman with short blonde hair and glasses, wearing a purple top, is sitting at the desk and looking at the same screen. The background is a plain office wall.

and CAPs provide us with opportunities where the situation can be improved

Watch this video at [youtu.be/gv1pVDY0nCs](https://youtu.be/gv1pVDY0nCs)

# Outcomes and CAPs

**Outcomes** show a picture of the person's needs, their clinical and functional status.

Usually a higher score indicates higher urgency or need.

**CAPs** is short for Clinical Assessment Protocol.

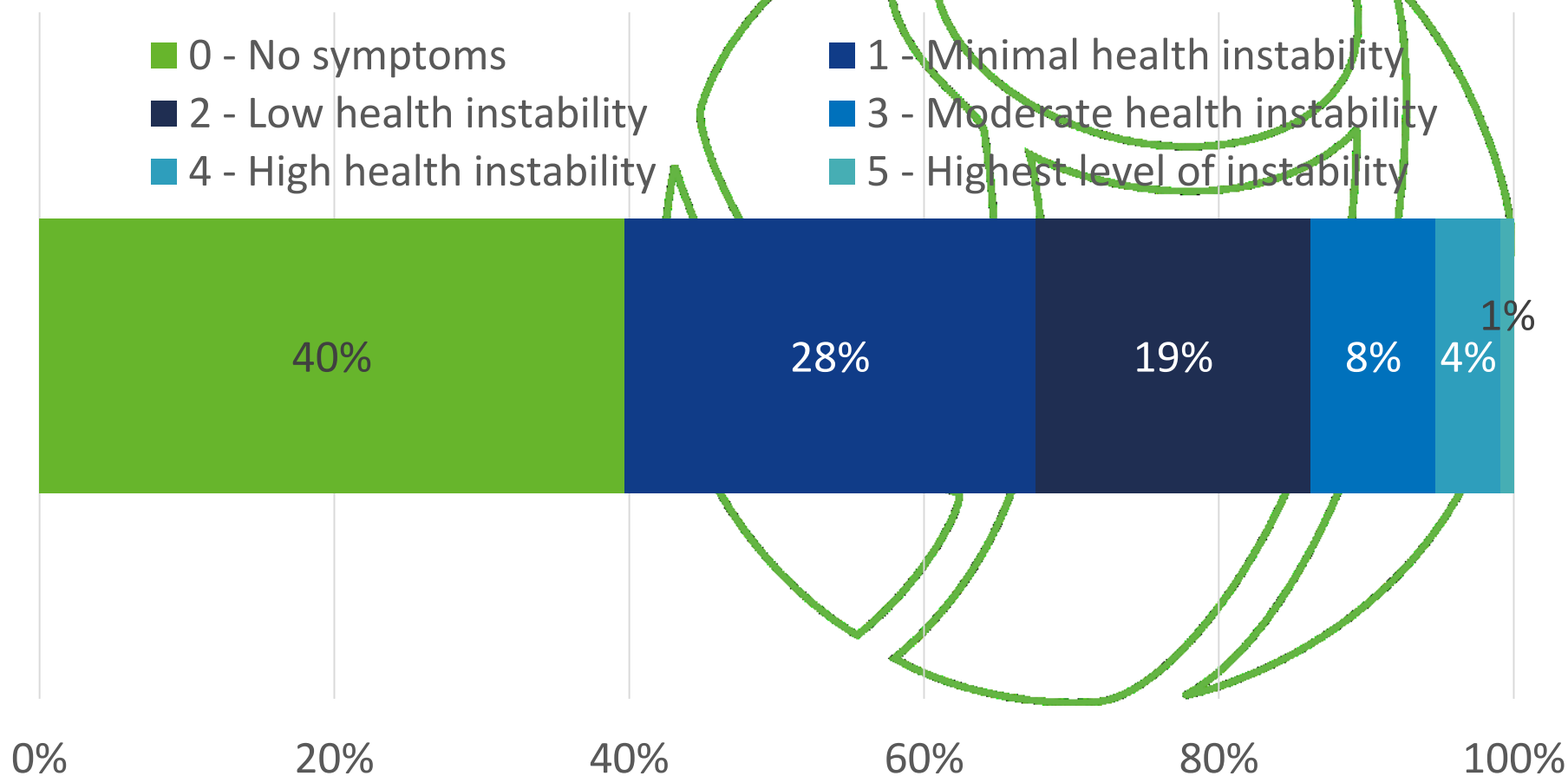
When they are triggered, they indicate an opportunity for improvement, to slow the rate of decline or help symptoms.

# Changes in Health, End-Stage Disease, Signs, and Symptoms (CHESS)

- To identify people with unstable health conditions
- Detects frailty and health instability
- Scale ranges from 0 (no symptoms) to 5 (highest health instability)

A higher CHESS scale is associated with increased mortality, hospitalisation, pain, caregiver stress and poor self-rated health.

# CHESS – LTCF assessments, 2017/18



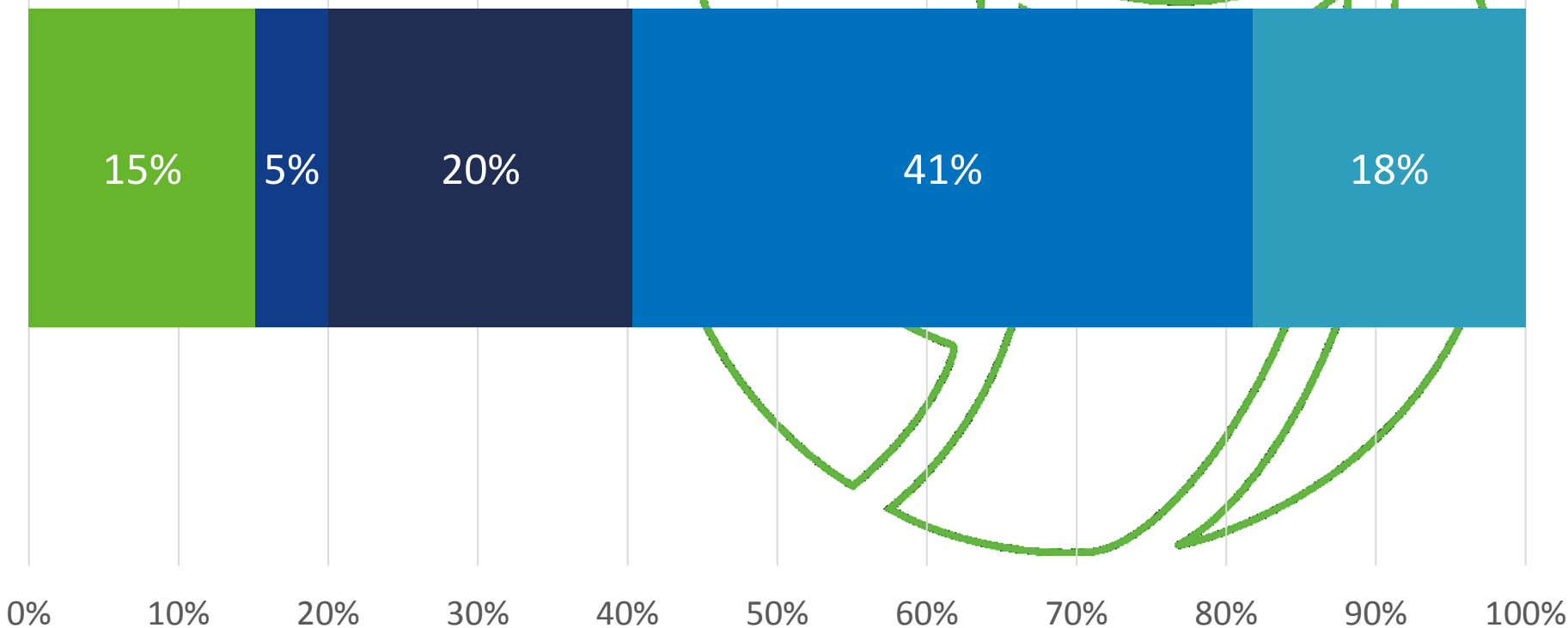
# Method of Assigning Priority Level (MAPLe)

- Only used in Home Care assessments
- Priority indicator
- Higher scores based on the presence of:
  - activities of daily living (ADL) impairment
  - cognitive impairment
  - wandering and behaviour problems.
- Predictor of carer stress.

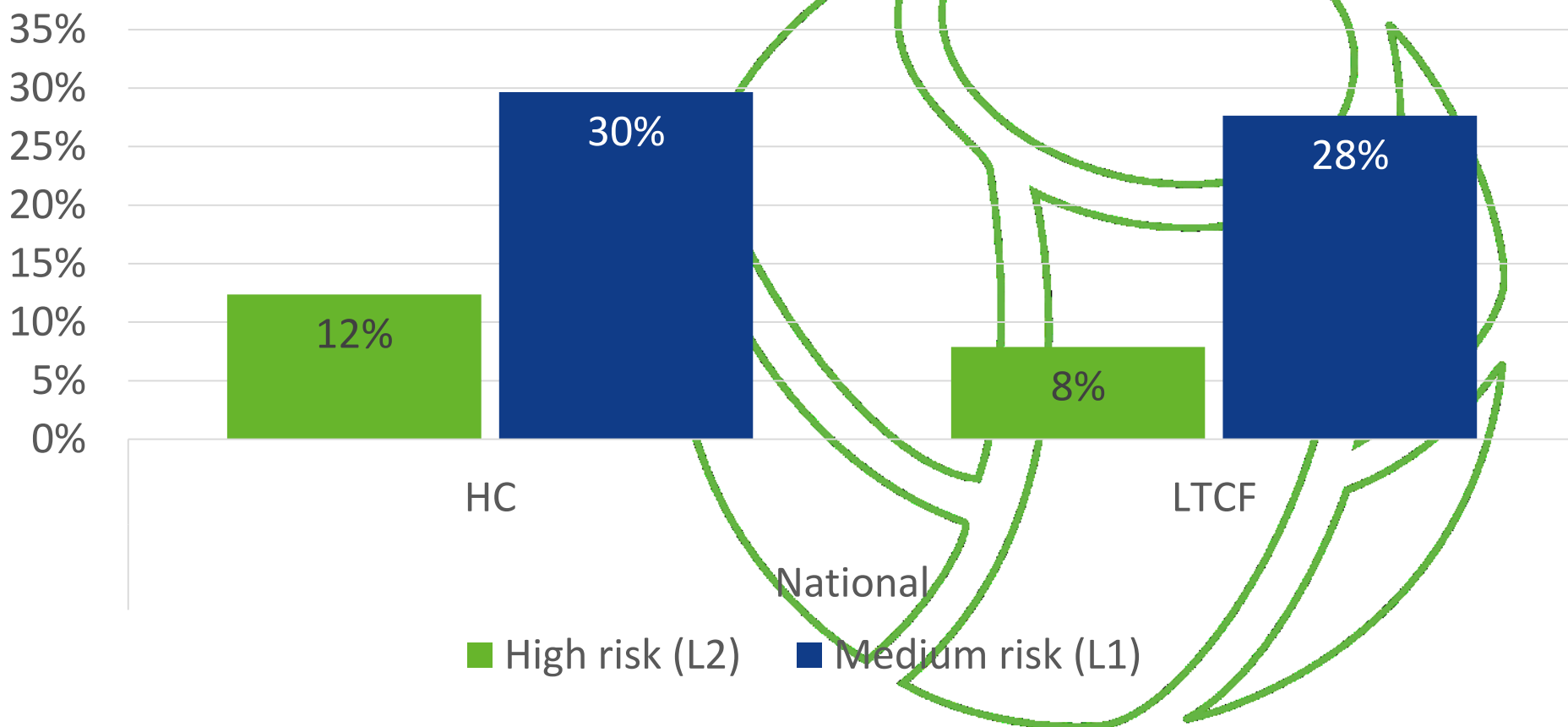
Higher score = greater priority for services to prevent hospitalisation or admission into residential care

# MAPLe Score – HC assessments, 2017/18

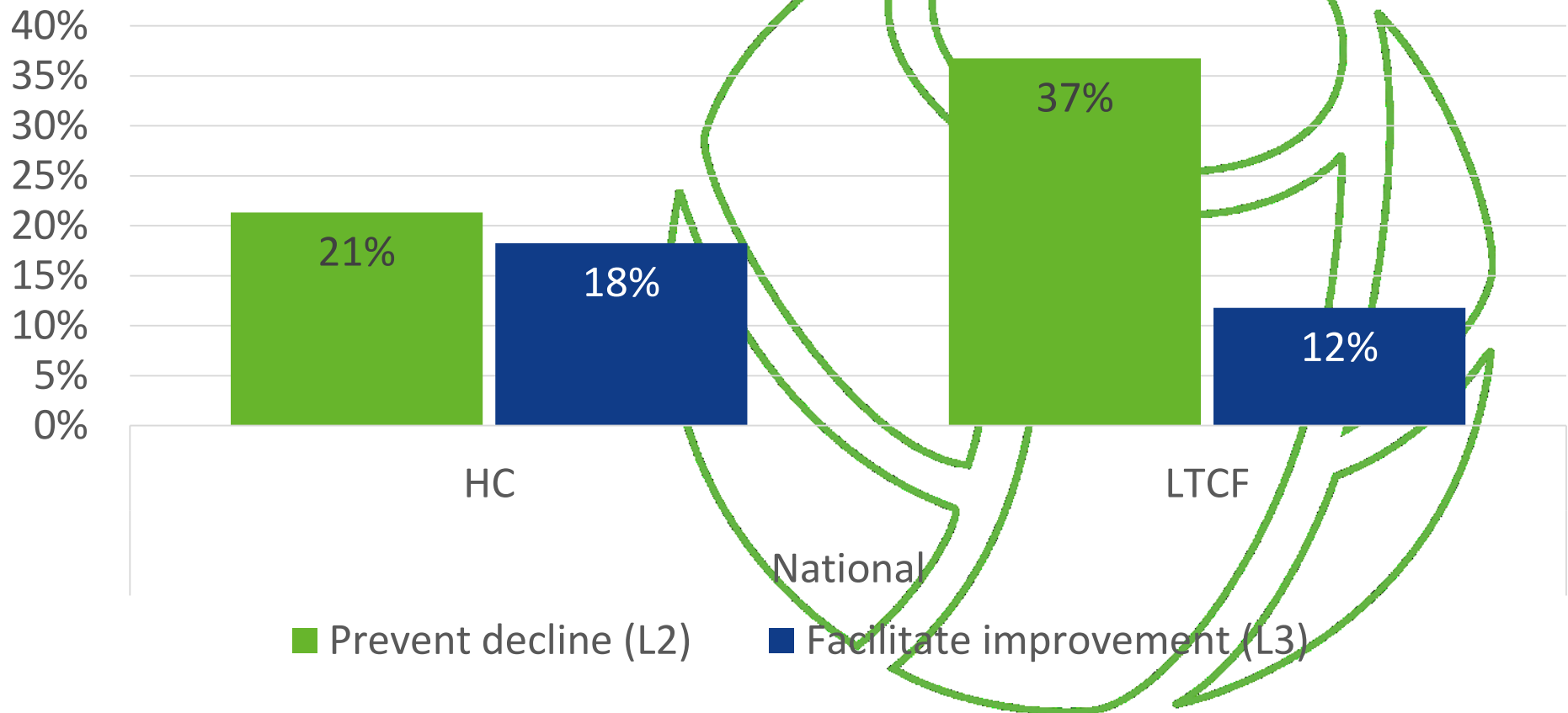
- 1 - Low priority, light home care services
- 2 - Mild priority, personal care and home care
- 3 - Moderate priority, range of home care services
- 4 - High priority, risk of adverse outcomes, residential support
- 5 - Very high, admission to hospital care or in community with support, need for 24 hour supervision.



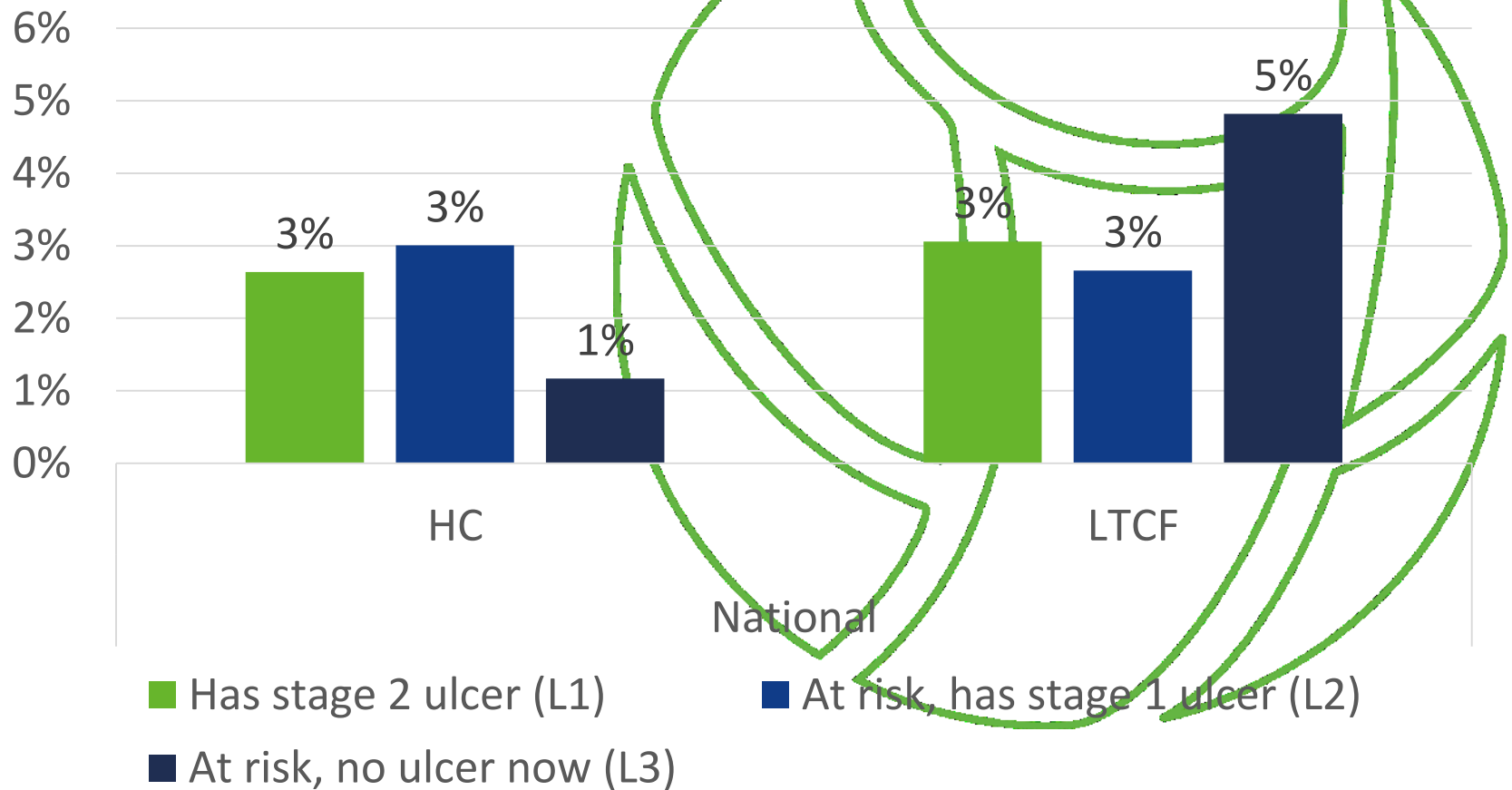
# Falls CAP



# Urinary Incontinence CAP



# Pressure Ulcer CAP



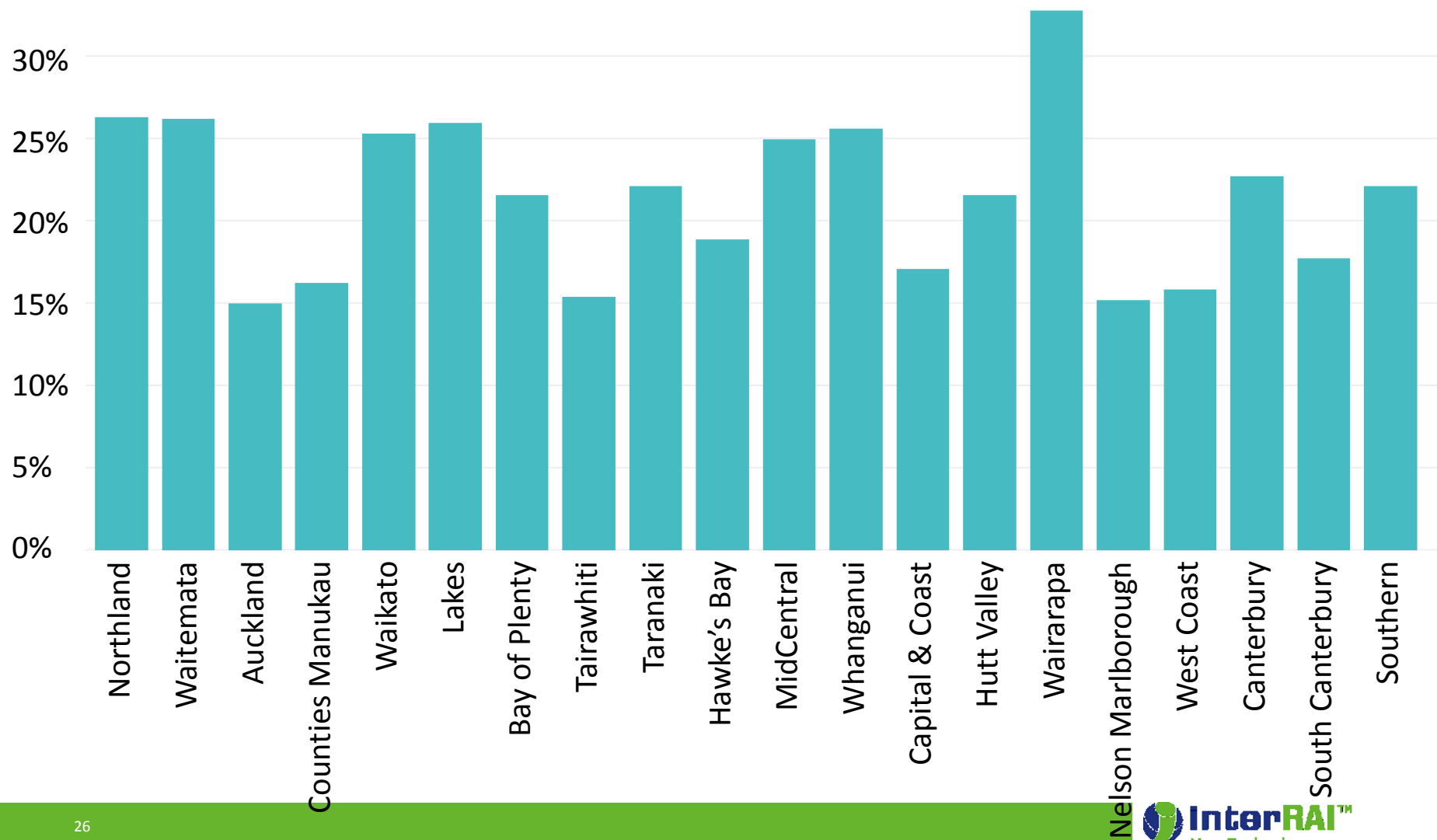
# Social relationship CAP

Decreases in a person's social relationships may affect psychological wellbeing and have an impact on mood, behaviour, and physical activity.

- Identifies factors associated with reduced social relationships and interventions to facilitate social engagement
- This CAP is only triggered at level 1 to facilitate improvement

# Triggered Social Relationship CAP by DHB

Triggered at level ● Triggered (L1)



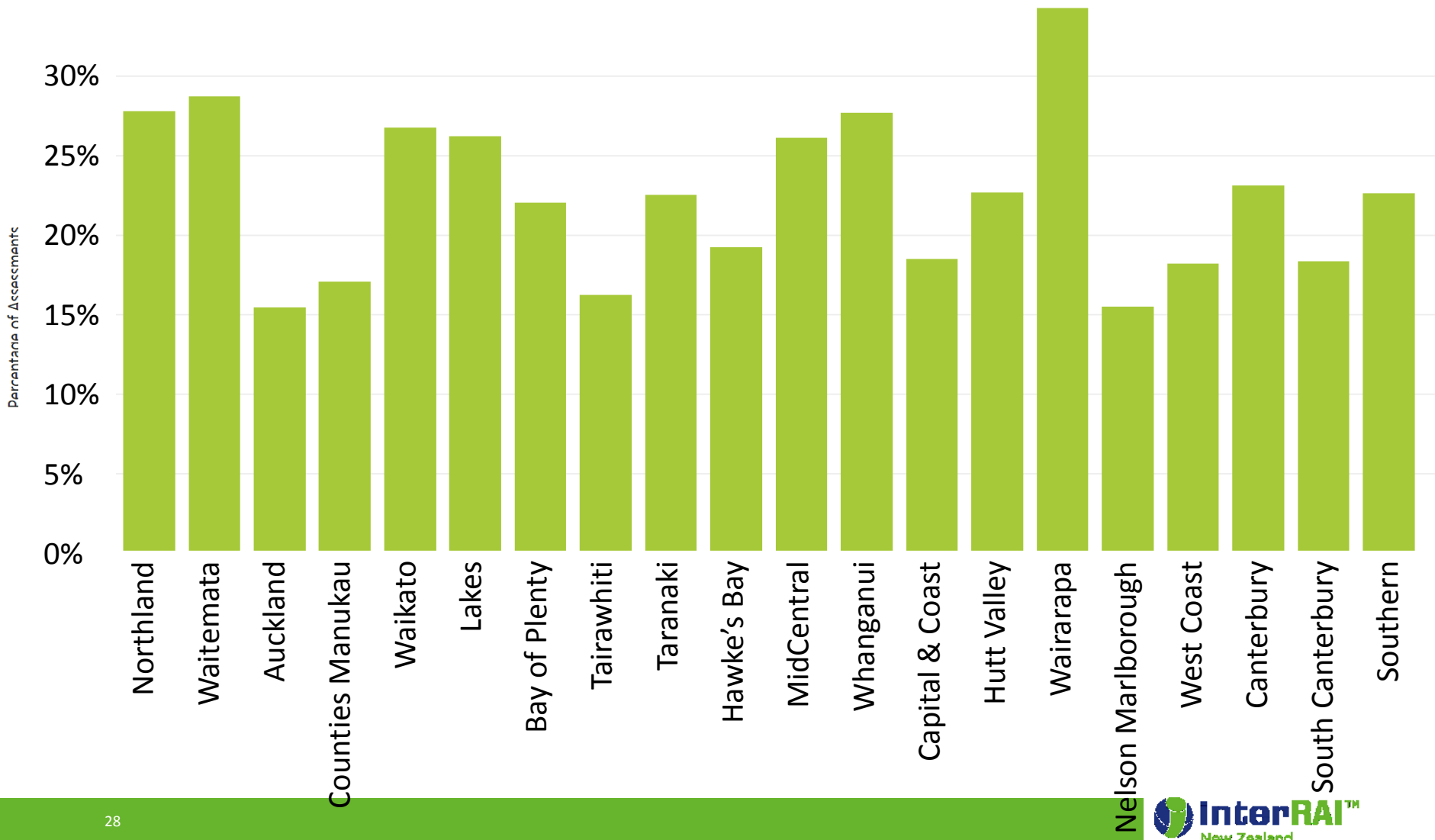
# Loneliness

- Loneliness is a major predictor of entering aged residential care

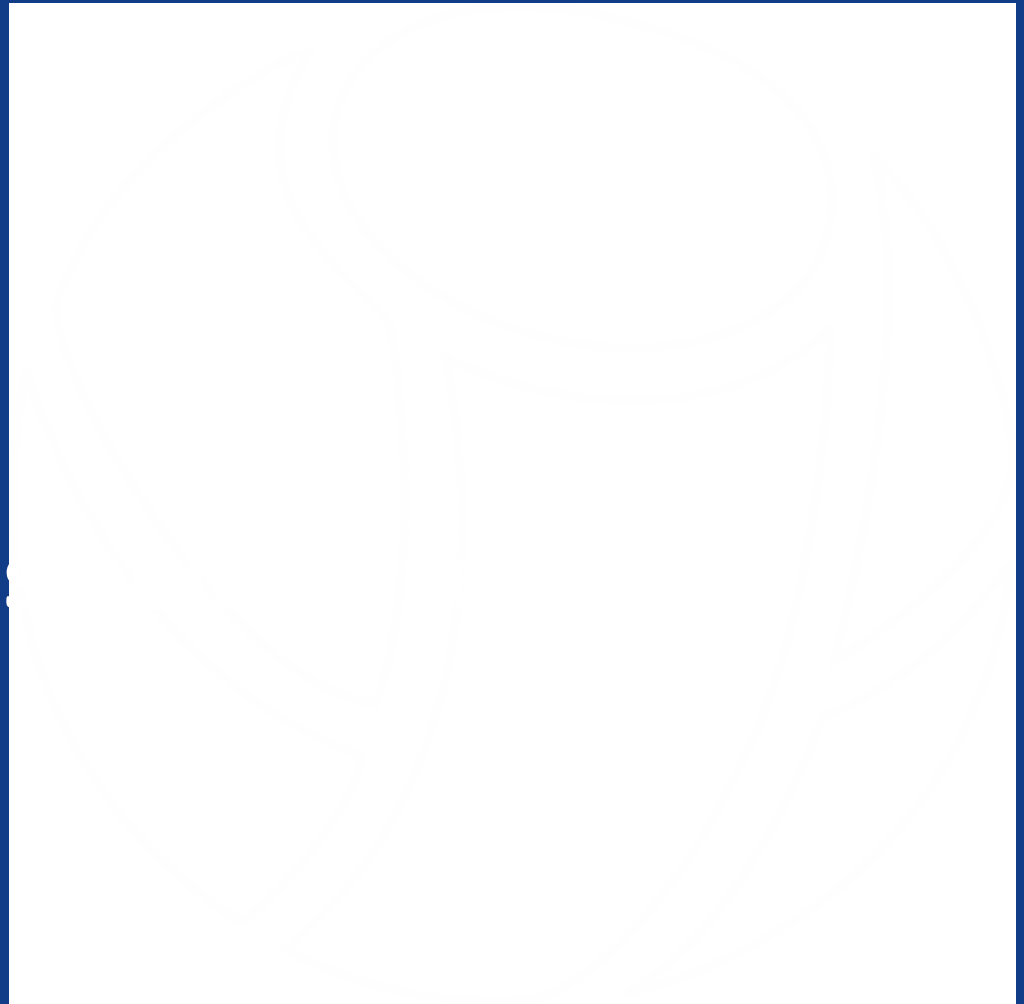


# Loneliness by DHB

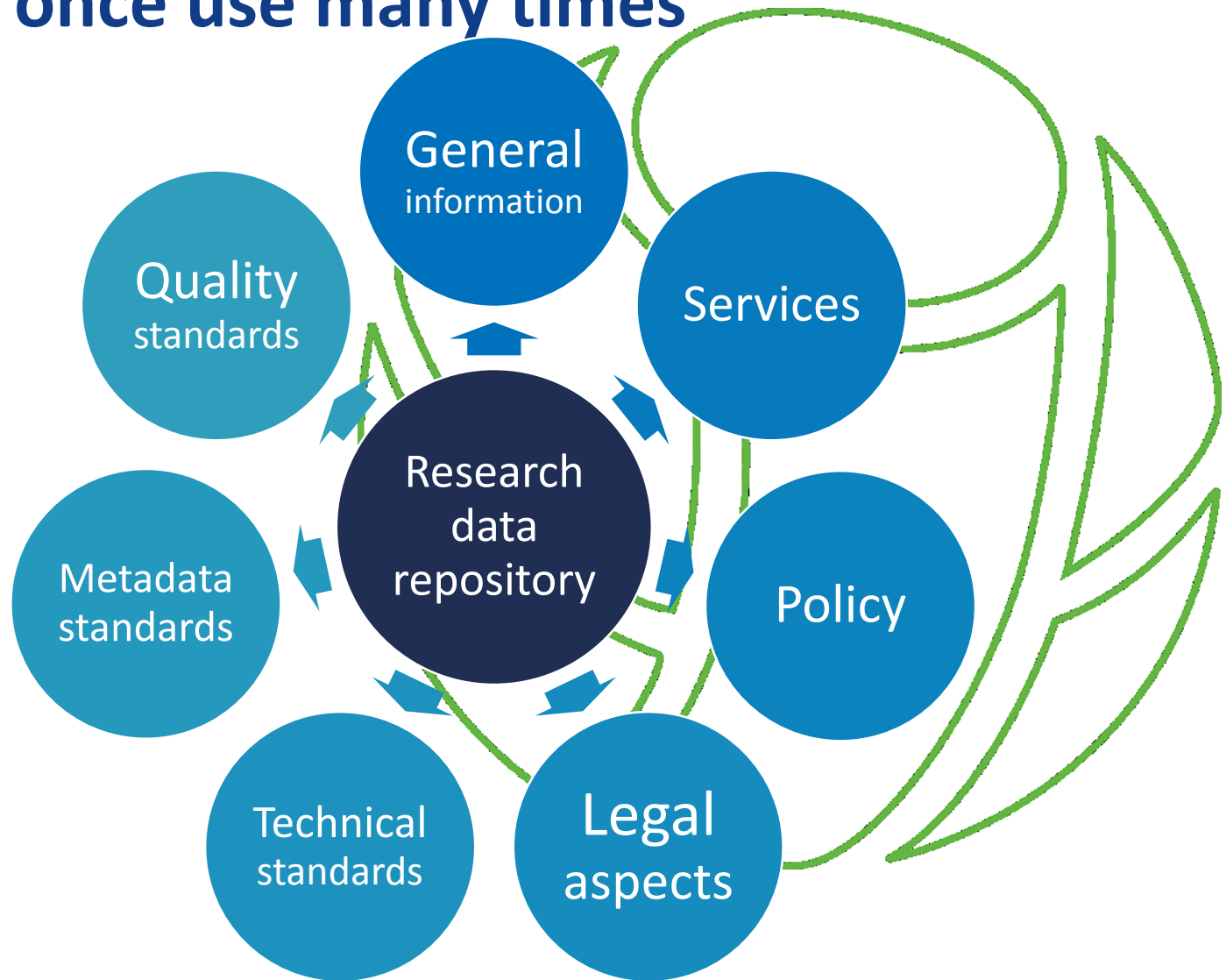
Loneliness is a major predictor of entering aged residential care.



# How interRAI is



# Collect once use many times

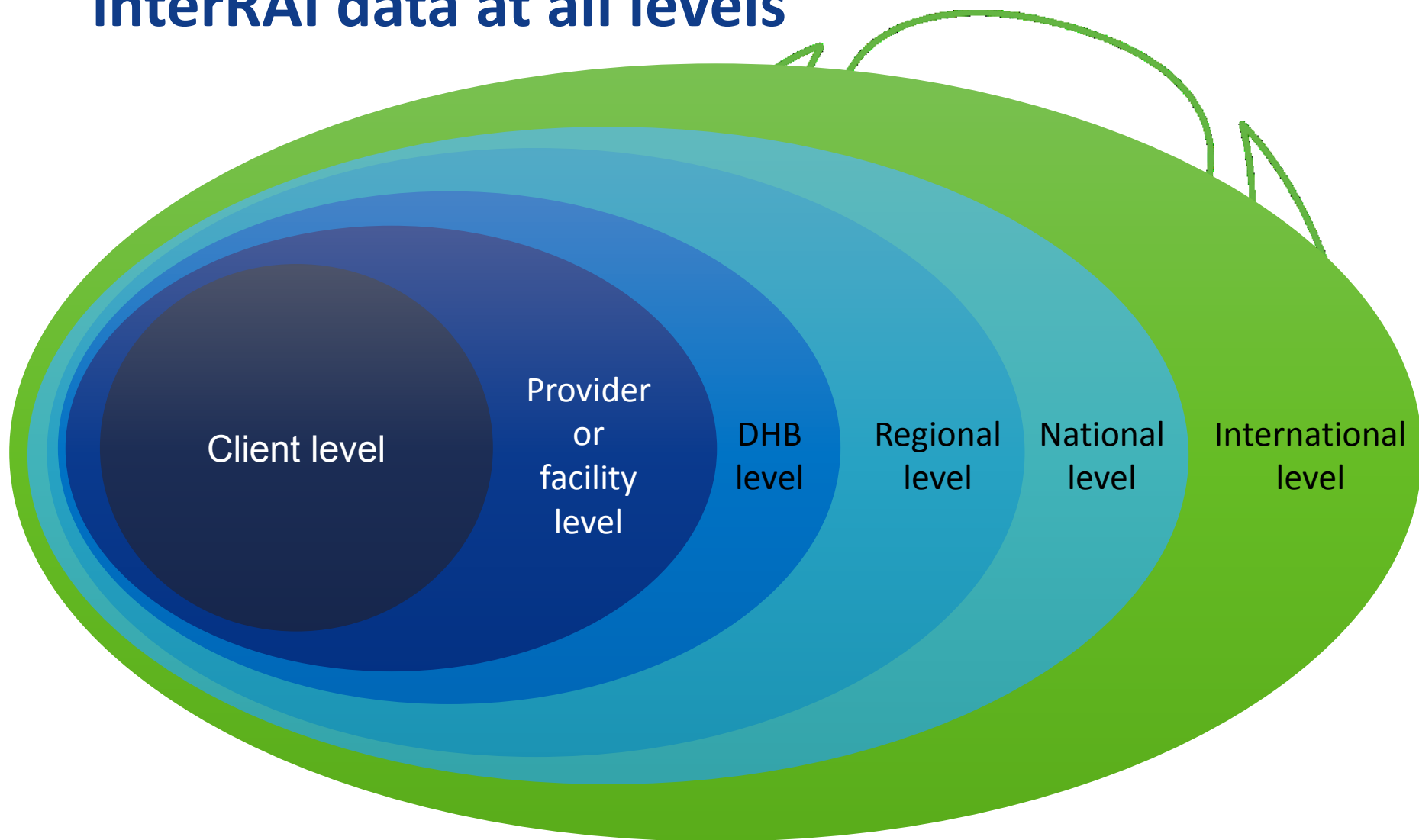


# Primary purpose of interRAI

To accurately determine the characteristics of a person in order to **fully understand their needs**, ranging from clinical to social support and prepare a care plan.

The information provided by interRAI assessment **supports the decisions** made by a healthcare professional.

## interRAI data at all levels



# interRAI data visualisation: [www.interRAI.co.nz/data](http://www.interRAI.co.nz/data)

## Summary for 2017-18



Select Region

All

Select DHB

Counties Manukau

- ☒ Select All
- ☐ (Blank)
- ☐ Northland
- ☐ Waitemata
- ☐ Auckland
- ☒ Counties Manukau
- ☐ Waikato
- ☐ Lakes
- ☐ Bay of Plenty
- ☐ Tairāwhiti
- ☐ Tairāwhiti

### Contact Assessments



662

Assessments

### Home Care Assessments



3,173

Assessments

296

Change from previous year

### Long Term Care Facility Assessments



5,240

Assessments

437

Change from previous year

% of population aged 65+  
who have had at least one  
interRAI assessment



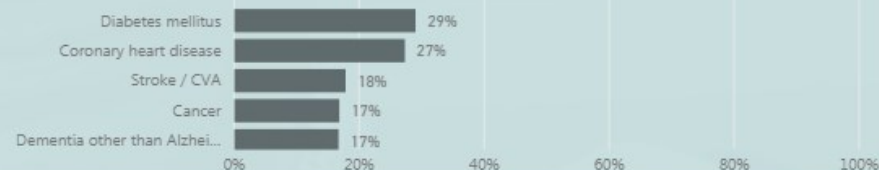
10 %



7 %

### Most commonly diagnosed diseases

#### Home Care Assessments



#### Long Term Care Facility Assessments



# Service development



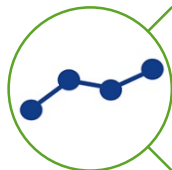
Quality initiatives



Service development



Policy development

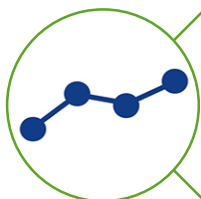


Evaluating effectiveness of changes

# Research

- **The impact of loneliness and social isolation on outcomes in older people** – an interRAI study - Dr Hamish Jamieson, Geriatrician CHB and Senior Lecturer University of Otago
- **Drug burden index and its association with hip fracture among older adults:** a national population-based study – Dr Hamish Jamieson, Geriatrician CHB and Senior Lecturer University of Otago *‘New Zealand’s world leading dataset on the elderly called interRAI made the study possible’*
- **‘Caring for our older Kiwis – The Right Place, at the Right Time’** – New Zealand Aged Care Association
- **A systematic review evaluating the use of the interRAI Home Care instrument** in Research for Older People – Mohammed Saji Salahudeen/Prasad Nishtala

# Quality indicators in aged residential care



Show patterns in service delivery

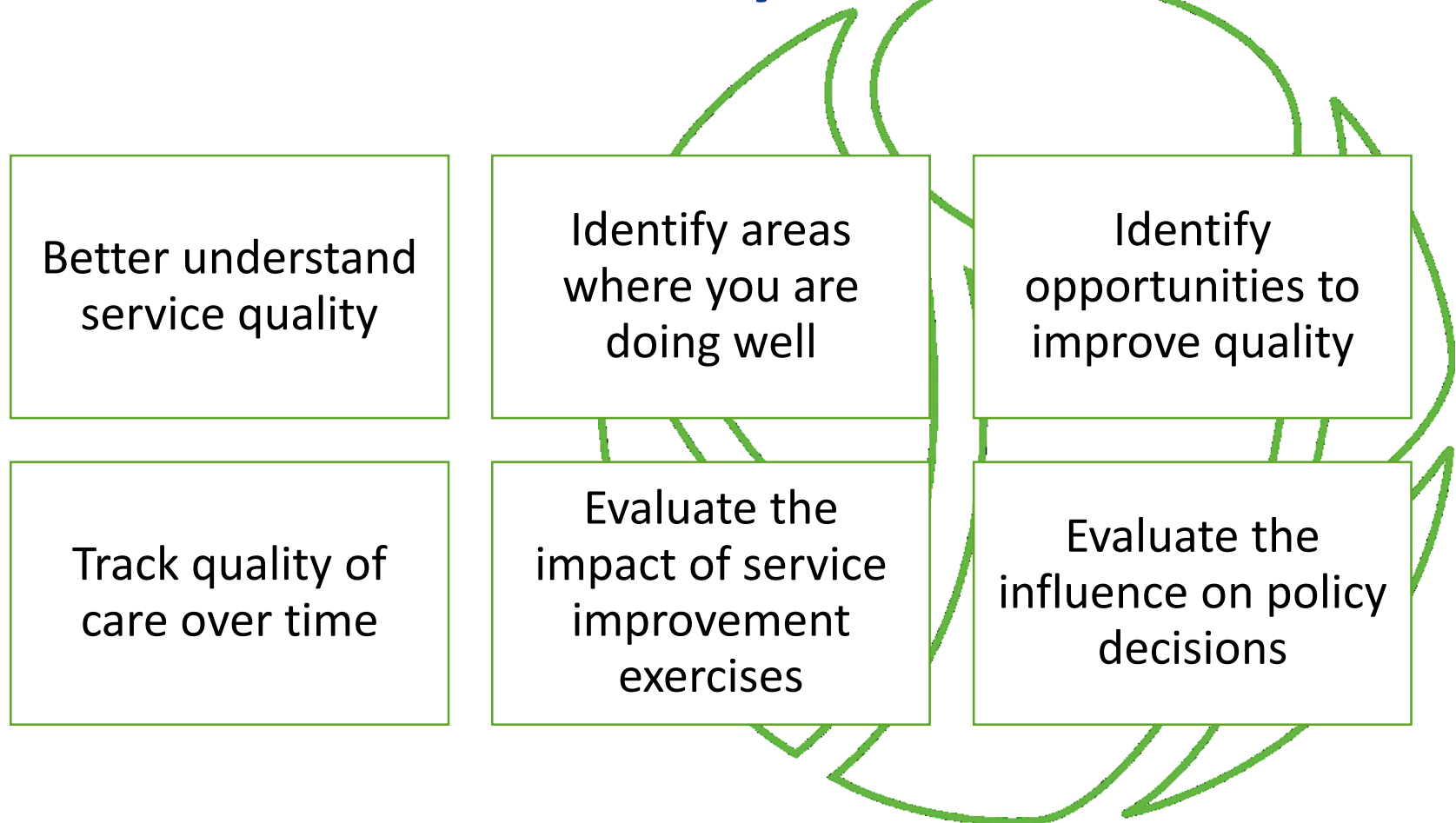


Cover many aspects of service delivery

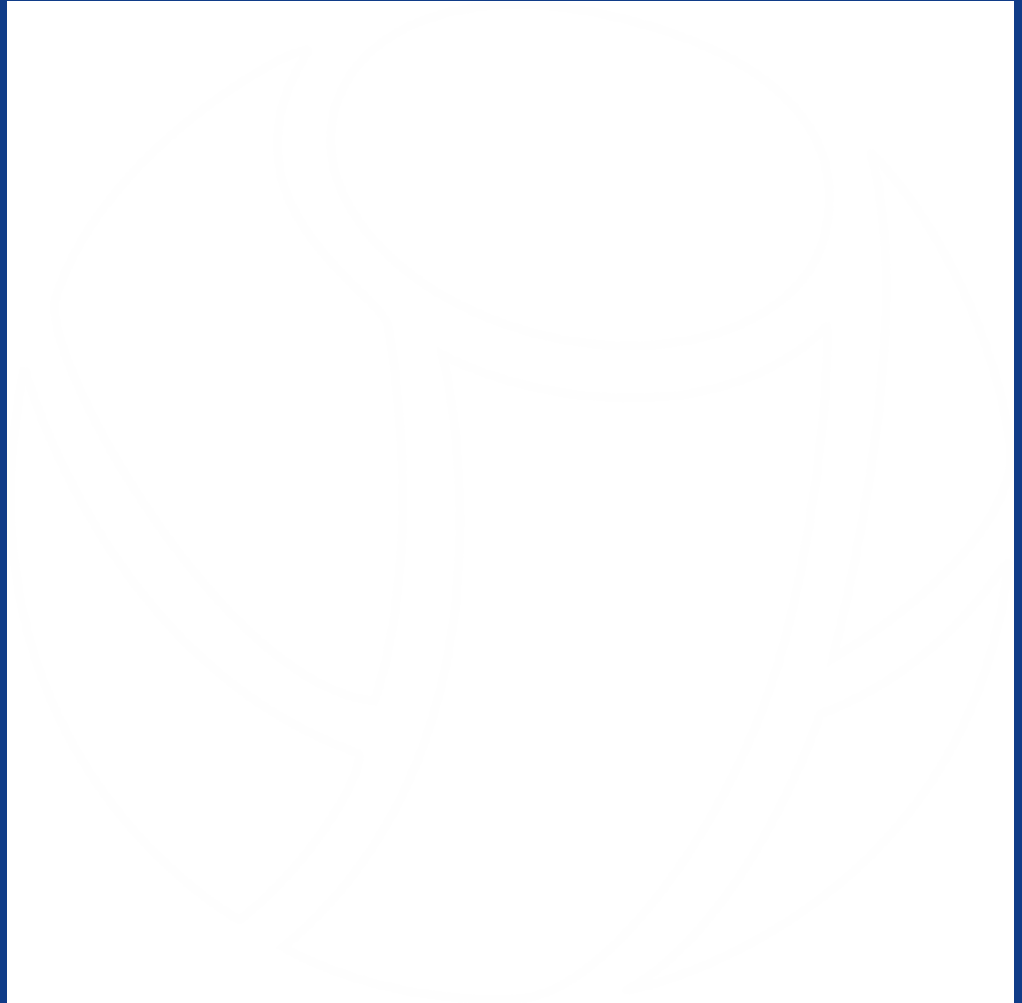


From the data in interRAI assessments

# Uses of interRAI Quality Indicators



# Where next?



# interRAI Future Developments



Data Visualisation Phase 2



Linking interRAI to other data sets – Integrated Data Infrastructure



Introduce interRAI to new clinical groups – Primary Care



Development of an individual client dashboard



Online education options



Potential new interRAI assessments – PAC Rehab, Acute Care nursing assessment



Aged Residential Care Funding Model Review

